

mary berry beef wellington recipe

Mary Berry beef Wellington recipe is a classic dish that has gained a special place in British cuisine. Known for its tender beef, rich pâté, and flaky pastry, this dish is perfect for special occasions or a family feast. Mary Berry, the beloved British food writer and television presenter, has put her own spin on this traditional recipe, making it accessible and delicious for home cooks. In this article, we will explore the steps to create a mouth-watering beef Wellington, along with tips and variations to enhance your culinary experience.

Understanding Beef Wellington

Beef Wellington is a dish that has its roots in 19th-century British cuisine. Traditionally made with a whole beef tenderloin, it is wrapped in layers of duxelles (a finely chopped mixture of mushrooms, shallots, and herbs), pâté, and puff pastry. The result is a decadent meal that is as impressive to present as it is to eat. The combination of flavors and textures—savory beef, earthy mushrooms, and the buttery crunch of pastry—makes this dish a crowd-pleaser.

Mary Berry's Beef Wellington Recipe

Here's a detailed step-by-step guide to creating Mary Berry's renowned Beef Wellington. This recipe serves approximately 6 people.

Ingredients

To make the perfect Beef Wellington, you will need the following ingredients:

- 1.2 kg (2.5 lbs) beef fillet
- Salt and freshly ground black pepper
- 2 tablespoons olive oil
- 250 g (9 oz) mushrooms, finely chopped
- 1 large shallot, finely chopped
- 2 cloves garlic, minced
- 2 teaspoons fresh thyme leaves
- 100 g (3.5 oz) pâté (such as foie gras or mushroom pâté)

- 8 slices of prosciutto or Parma ham
- 500 g (1 lb) puff pastry (thawed if frozen)
- 1 egg, beaten (for egg wash)

Instructions

Follow these steps to prepare Mary Berry's Beef Wellington:

1. **Prepare the Beef:** Season the beef fillet generously with salt and pepper. In a large frying pan, heat the olive oil over high heat. Sear the beef fillet for about 2-3 minutes on each side until browned. Once browned, remove the beef from the pan and let it cool.
2. **Make the Duxelles:** In the same pan, reduce the heat to medium and add the chopped mushrooms, shallot, and garlic. Cook until the mixture is dry and golden brown, stirring frequently. Add fresh thyme and season with salt and pepper. Let the mixture cool.
3. **Assemble the Wellington:** Lay out the slices of prosciutto on a sheet of cling film, slightly overlapping them. Spread the cooled duxelles mixture over the prosciutto followed by a layer of pâté. Place the cooled beef fillet in the center and roll it up tightly using the cling film. Chill in the refrigerator for 15-30 minutes.
4. **Wrap in Pastry:** Preheat your oven to 200°C (400°F). Roll out the puff pastry on a floured surface to a rectangle large enough to wrap around the beef. Unwrap the beef from the cling film and place it in the center of the pastry. Fold the pastry over the beef, sealing the edges with a little water. Brush the top with beaten egg for a golden finish.
5. **Bake the Wellington:** Place the wrapped Wellington on a baking tray lined with parchment paper. Make a few small slits in the top to allow steam to escape. Bake in the preheated oven for 25-30 minutes until the pastry is golden brown and crispy. Use a meat thermometer to check that the internal temperature of the beef reaches 55-60°C (130-140°F) for medium-rare.
6. **Rest and Serve:** Once baked, allow the Wellington to rest for 10 minutes before slicing. Serve with your choice of sides, such as roasted vegetables or a simple salad.

Tips for Perfecting Your Beef Wellington

Creating a flawless Beef Wellington can be challenging, but with a few tips, you can achieve restaurant-quality results:

1. Use Quality Ingredients

The quality of your beef and other ingredients significantly impacts the final dish. Opt for grass-fed beef fillet and fresh mushrooms for the best flavor.

2. Don't Skip the Chilling Step

Chilling the rolled beef Wellington helps the pastry maintain its shape during baking. It also allows the flavors to meld.

3. Ensure the Duxelles is Dry

Excess moisture in the duxelles can make the pastry soggy. Make sure to cook the mixture until it's dry before layering it on the prosciutto.

4. Use a Meat Thermometer

To achieve the perfect doneness, use a meat thermometer. This will help you avoid overcooking the beef, ensuring it remains tender and juicy.

5. Experiment with Variations

Feel free to get creative! You can add different herbs, spices, or even cheese to the duxelles or pâté to customize the flavor profile to your liking.

Serving Suggestions

Beef Wellington is a showstopper on its own, but pairing it with the right sides can elevate your meal even further. Consider serving:

- Roasted seasonal vegetables (carrots, parsnips, and Brussels sprouts)

- Garlic mashed potatoes or creamy potato purée
- A rich red wine sauce or a classic gravy
- Simple green salad with a vinaigrette

Conclusion

Mary Berry's beef Wellington recipe is a delightful way to impress your family and friends with your culinary skills. With its delicious layers of flavor and stunning presentation, this dish is perfect for holidays, special occasions, or any time you want to treat yourself to something extraordinary. By following the steps outlined in this article and incorporating the tips provided, you can create a Beef Wellington that is not only delicious but also a true reflection of your cooking prowess. So gather your ingredients, roll up your sleeves, and get ready to enjoy a dish that will surely become a favorite in your home.

Frequently Asked Questions

What are the key ingredients in Mary Berry's Beef Wellington recipe?

The key ingredients include beef fillet, puff pastry, mushrooms, prosciutto, Dijon mustard, and egg for glazing.

How long does it take to prepare Mary Berry's Beef Wellington?

The preparation time for Mary Berry's Beef Wellington is approximately 30 minutes, with an additional cooking time of about 25-30 minutes.

What is the recommended cooking temperature for Mary Berry's Beef Wellington?

The recommended cooking temperature is 200°C (400°F) for a fan oven, or 220°C (425°F) for a conventional oven.

Can I make Mary Berry's Beef Wellington in advance?

Yes, you can prepare the Beef Wellington in advance, assemble it, and refrigerate it before baking. Just make sure to bake it fresh before serving.

What tips does Mary Berry provide for achieving the perfect pastry on Beef Wellington?

Mary Berry advises using high-quality puff pastry and ensuring that it is chilled before wrapping the beef, as well as avoiding moisture from the filling to prevent sogginess.

What side dishes pair well with Mary Berry's Beef Wellington?

Great side dishes include roasted vegetables, creamy mashed potatoes, or a fresh green salad to complement the richness of the Beef Wellington.

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